

Family Advocacy Program Program Sponsors



Anger Management

Control your anger before it controls you!

6 CLASS COURSE BEGINNING, 10 JULY 2006
MONDAYS AND TUESDAYS, 1145-1245
COMMUNITY SUPPORT CENTER, BUILDING 1520
CLASSROOM 4

Get a deeper understanding of how anger affects all areas of your life,
both physically and emotionally.
Learn tools to manage your anger appropriately and effectively.

FREE AND OPEN TO THE ENTIRE COMMUNITY



To register, call 301-619-7453/7171

www.detrick.army.mil/wellbeing